

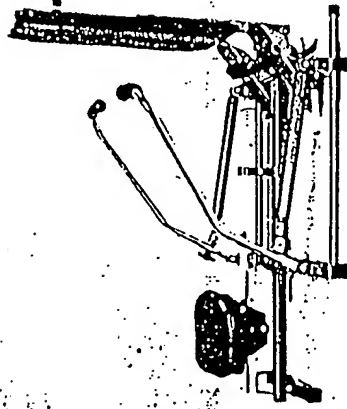
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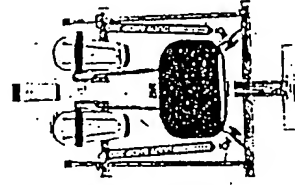


SHO BOTTLE

WESLO INTERNATIONAL, INC.
P.O. Box 10, Logan, Utah 84321



BODY SHOP 360



Storage Position



Weslo
we fit your
fitness program

(801) 753-7781

*Please note that we advise anyone to first consult a physician before beginning this or any other physical fitness program.

INTRODUCTION The Body Shop 360 is a very unique and versatile exercise apparatus which enables you to do a variety of exercises that were once only possible on much larger and more expensive equipment. Now you can, in the comfort of your own home, perform those exercises necessary to reach and maintain a very high level of physical fitness. The Body Shop 360 uses hydraulic cylinders to offer you the ultimate in progressive resistance exercising. If you use the Body Shop 360 on a regular basis, you will be able to slim down and tune up your body to almost any level of desired fitness.

TERMINOLOGY

TERMINOLOGY In order to understand the instructions in this booklet, it is important to be familiar with certain key terminology.

EXERCISE: Each individual movement performed, such as a bench press or curl. Exercise and movement are used interchangeably.

REPETITION (REP): Each complete cycle of an exercise.

SET: A distinct group of repetitions, usually in the range of 6-12 followed by a rest interval of 60-70 seconds.

ROUTINE: The entire grouping of exercises, sets, and reps done in one training session or workout. Often called a training schedule.

QUESTIONS AND ANSWERS

SHOULD YOU GET A PHYSICAL EXAMINATION? Any user of this equipment should undergo a comprehensive physical examination prior to commencing a body building or exercise program. Your physician will be able to detect any health problems which might effect your exercise program.

HOW SHOULD YOU PROGRESS IN YOUR EXERCISE PROGRAM? You can progress in your program by increasing the intensity of your program. This can be done in three different ways.

1. Increase the resistance you select for a given number of reps.
2. Increase the number of reps you do with a set resistance in an exercise.
3. Decrease the rest intervals between sets of an exercise done with a consistent resistance and number of reps.

You should start with the lowest setting in each exercise or at the setting which is the most comfortable for you without straining. You can increase the resistance and increase the number of reps as you build. The key is to build up slowly.

HOW FAST SHOULD YOU EXERCISE? The speed with which you perform an exercise and the length of time you rest between sets are two important training tempo factors. You should do each exercise slowly so as to maximize its effectiveness on your muscles. You should do between two and three sets of ten reps per exercise and rest about 60 seconds between each set.

HOW OFTEN SHOULD YOU EXERCISE? Muscles do not grow in size and strength as you train, but during one or two days of rest following a workout. So, if you try to work a muscle group every day, it is unable to recuperate and grow. You should plan your routine so that you work a muscle group one day and then let it rest one day. Two suggestions are to work the upper body one day and then the lower body the next day, or work out every other day. The key is to remember to let a certain muscle group rest a day after you exercise it. It is essential to maintain a regularly scheduled exercise routine in order to realize maximum fitness benefits.

WHEN SHOULD YOU WORKOUT? As long as you can find a consistent time of day at which to exercise, it matters little what specific hour you choose. Choose a time which is most convenient for your own schedule.

WHAT SHOULD YOU WEAR? There are two key points to remember when choosing what to wear for a workout.

1. Be sure the clothing is loose fitting or loose enough to allow free movement of your limbs over an exaggerated range of motion.
2. Your workout clothing must be warm enough to keep your body from cooling off during a workout and becoming susceptible to injury.

IS EXERCISE FORM IMPORTANT? It is essential that you learn and maintain strict exercise form while exercising. Strict form involves moving over the full range of the exercise motion as is prescribed, plus moving only those parts of the body that should be moved in the exercise. The most common types of cheating during an exercise involve bending the back and jerking the knees to help push through the exercise. Since cheating robs your muscles of much of the resistance they should feel, you must always try and keep your exercise form. It might be a good idea to exercise in front of a mirror initially to see what your form looks like.

HOW SHOULD YOU BREATHE? A lot of people seem to worry about how to breathe during an exercise. Essentially, as long as you don't hold your breath during an exercise, you should not worry. If you feel that you need a rule to go by, then breathe in during the exertion phase of a movement and breathe out as you relax.

WHAT ABOUT SLEEP AND REST? Along with hard training and proper diet, it is very important to remember to let your body properly recuperate between workouts.

SHOULD YOU BREAK-INTO YOUR EXERCISE PROGRAM? It is essential that you gradually break in to any exercise program in order to avoid over-doing it. Begin with less resistance or less reps per exercise so that your body has a chance to become accustomed to the exercise. With any new exercise, you may experience some muscle soreness.

HOW SHOULD YOU WARM UP? It is essential that before you begin exercising, you remember to warm up for five to ten minutes before. This will help prevent injuries and make the workout more productive.

There are a variety of warm-up exercises and each person might warm-up differently. If you need some suggestions, you might try 5-10 minutes of jump rope or running in place, then four or five minutes of calisthenics and stretching exercises.

WHAT ARE SOME BASIC SAFETY RULES? Use your common sense when exercising and follow a few common safety rules.

1. Warm up thoroughly before each workout.
2. Don't hold your breath while exercising.
3. Don't over-do, be patient and give your body a chance to build.
4. Eat a well balanced diet.
5. Get enough rest.

EXERCISES

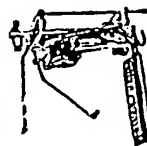
BODY SHOP 360 EXERCISES. The following exercises can be performed on the

Body Shop 360.

1. Rowing Exercise
 - a. two handed
 - b. alternating hands
2. One or Two Hand Pullovers
3. Shoulder Press
4. Bench Presses
5. Curls (Forward-backward)
6. Reverse rowing
7. Squats
8. Partial
9. Shrugs
10. Upright rowing
11. Wide rowing
12. Side laterals
13. Fore raises
14. Bent laterals
15. Reverse curls
16. Tricep rear raises
17. Tricep extension
18. Hack Raises
19. Spread eagle
20. Toe raises

ADJUSTING First, before beginning any exercise with the Body Shop 360, adjust the tension on the hydraulic cylinder by inserting the rod of the cylinder into one of the three holes depending on the resistance at which you wish to exercise. Setting one being that of the lowest resistance. Secondly, adjust the seat and body tube to your own height and leg length. To perform the above mentioned exercises it will require that you place the machine in one of the three basic positions.

VERTICAL:

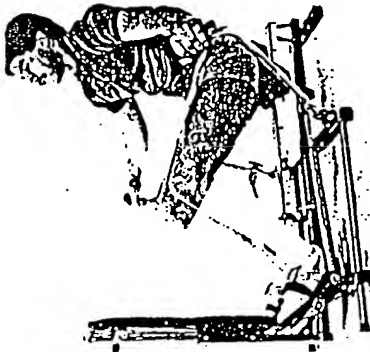


HORIZONTAL:



ROWING:





1. Exercise: Rowing, two hands and alternating hands
Position of Machine: Rowing Position

Steps:

- Adjust rower to your leg length.
- Sit on the seat and place feet in foot pads.
- Grasp rowing arms with an overgrip.
- Ride the seat forward as far as you can.
- While inhaling, pull with your arms and push with your legs until legs are straight and arms fully bent.
- While exhaling, ride the seat completely forward again to starting position.
- Remember the rowing arms rotate 360° degrees and each arm moves independently.

REPS: 10-20.

SETS: 1-3.

DEVELOPS: Thighs, arms, shoulders, back and waist.



2. Exercise: Pullovers, two arm and alternating arms
Position of Machine: Horizontal position

Steps:

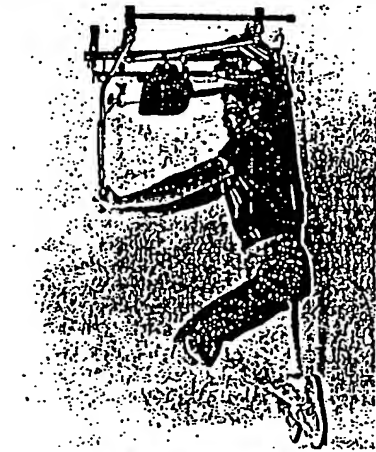
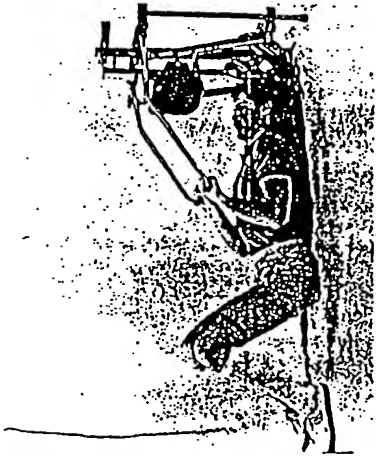
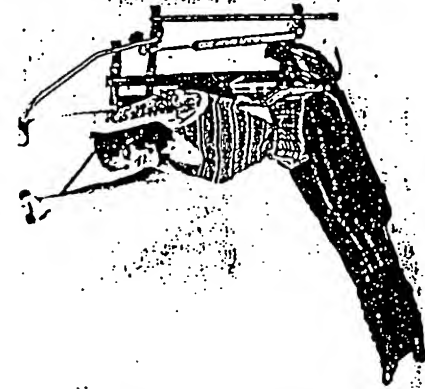
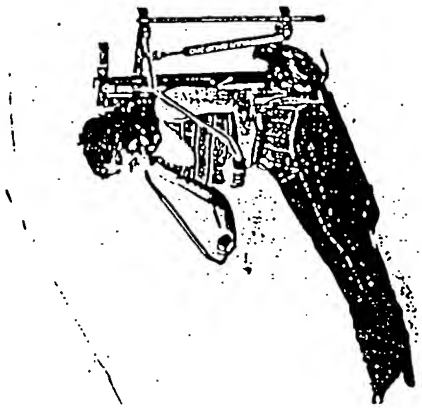
- With your legs extended out away from machine lie with your back on the backboard.
- Place your head on the seat.
- Extend arms directly back over head.
- Grasp rowing arms.
- While inhaling, pull forward until hands are along side of legs.
- While exhaling, return arms to starting position.
- Remember to keep your back straight.
- If you are alternating arms remember to breathe properly.

REPS: 10-20

SETS: 1-3.

DEVELOPS: Chest, shoulder muscles, under part of arm.





3. Exercise: Shoulder press

Position of Machine: Vertical position

Steps:

- Facing away from the machine sit on backboard.
- Extend legs out directly in front of you.
- Place your back against the seat.
- Grasp rowing arms with an overgrip.
- While inhaling, push the rowing arms straight up until arms are fully extended.
- While exhaling, bring arms back down to starting position.

REPS: 10-20

SETS: 1-3

DEVELOPS: Upper back, back of the upper arms and shoulders.

4. Exercise: Bench press

Position of Machine: Vertical position

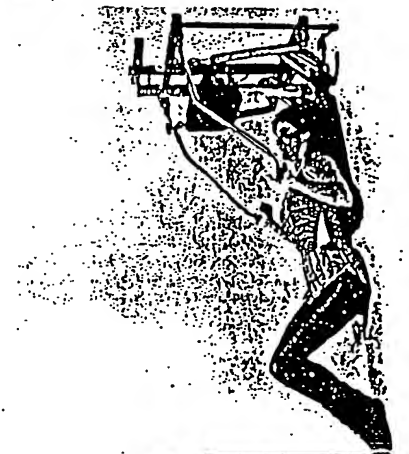
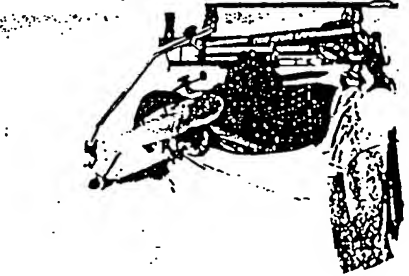
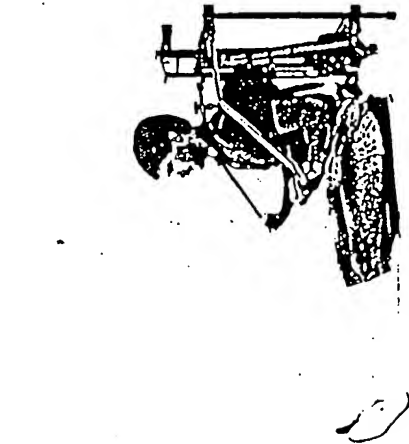
Steps:

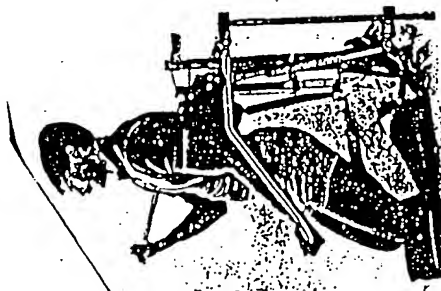
- Feet flat on the ground, knees bent, lie with your back flat on the backboard.
- Grasp rowing machine with an overgrip.
- While inhaling, push the rowing arms upward.
- While exhaling, bring hands back down to starting position.
- Remember not to arch back, keep feet and back flat.

REPS: 10-20

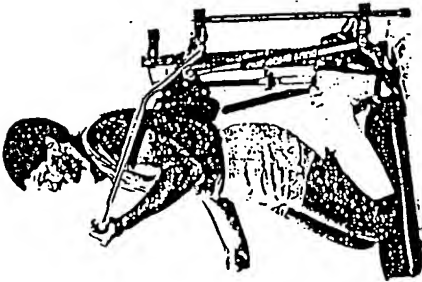
SETS: 1-3

DEVELOPS: Chest, back of arms, front of shoulders.





5. Exercise: Curls forward and backward
Position of Machine: Vertical position



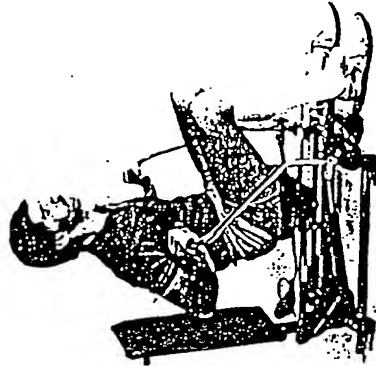
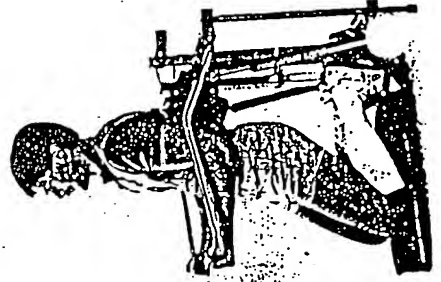
Steps:

- Facing either: away from the machine or to the machine place knees on the backboard.
- Grasp rowing arms with an undergrip.
- While inhaling, curl both arms upward toward chest.
- While exhaling, lower hands back to starting position.
- Remember to keep your back straight.
- You can also alternate arms.
- In order to do curls facing away from machine, you need to rotate rowing arms out and place yourself inside of the rowing arms with your back against the seat.

REPS: 10-20

SETS: 1-3

DEVELOPS: Biceps, chest.



6. Exercise: Reverse rowing (overgrip and undergrip).
Position of Machine: Rowing

Steps:

- Facing away from the machine, sit on seat.
- With rowing arms spread apart, grasp arms with an overgrip.
- While inhaling, push the rowing arms forward until they are out directly in front of you.
- While exhaling, return the arms to the starting position.

REPS: 10-20

SETS: 1-3

DEVELOPS: Pectorals, upper back deltoids.



Exercise: Squats forward and backward

Position of Machine: Vertical

Steps:

- Facing either away from or to the machine stand erect with feet on backboard.
- Grasp rowing arms with overgrip.
- While exhaling, squat down as low as possible.
- While inhaling, straighten your legs to push upward until you are standing erect.
- While exhaling, squat back down to starting position.
- Remember to keep your back straight, use your legs to push, and not to pull with your arms.

REPS: 10-20

SETS: 1-3

DEVELOPS: Front of thighs, hips, lower back.

8. Exercise: Partial Squats

Position of Machine: Vertical

Steps

- Facing the machine, stand erect with feet on backboard.
- Grasp rowing arms with an overgrip.
- While exhaling, squat down so that your knees are partially bent.
- While inhaling, push with your legs by straightening your knees until you are standing erect.
- While exhaling, squat back down to starting position.
- Remember to keep your back straight, use your legs to push, and not to pull with your arms.

REPS: 10-20

SETS: 1-3

DEVELOPS: Front of thighs, hips, buttocks, and lower back. Greater resistance can be used to develop ligament and tendon strength.

9. Exercise: Shrugs

Position of Machine: Vertical

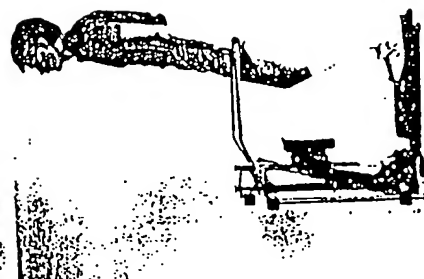
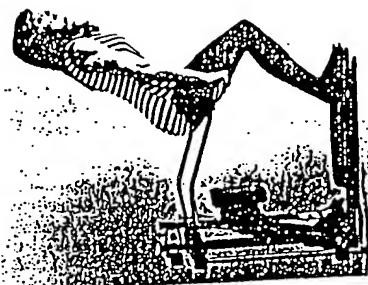
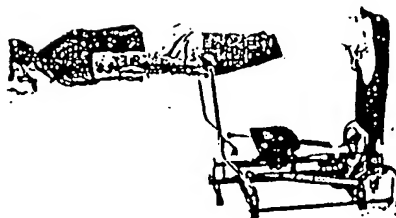
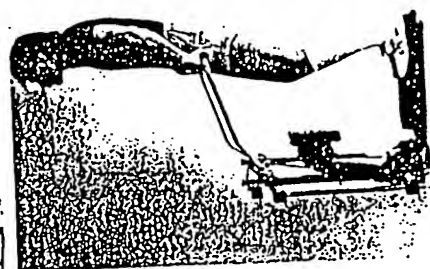
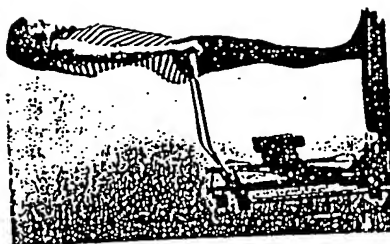
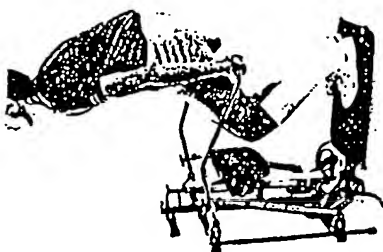
Steps:

- Facing the machine, stand erect on the backboard.
- Grasp rowing arms with an overgrip.
- Bend knees slightly.
- While inhaling, pull the rowing arms upward with shoulders by rolling shoulders upward.
- While exhaling, roll shoulders downward to starting position.
- Remember to lift with shoulders, not arms, and keep back straight.

REPS: 10-20

SET: 1-3

11 DEVELOPS: Trapezius muscles of upper back and pectoral muscles.



Exercise: Upright rowing
Position of Machine: Vertical

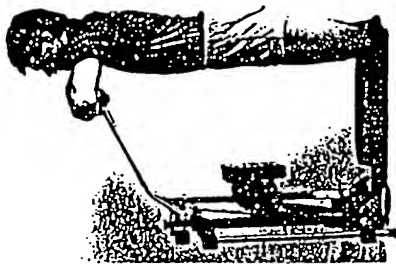
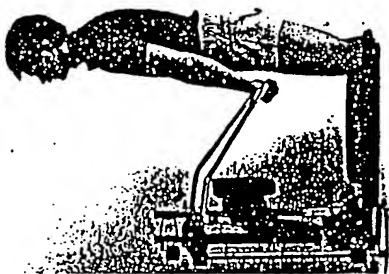
Steps:

- While facing machine, kneel on end of backboard with legs extending away from machine.
- With rowing arms together, grasp rowing arms with an overgrip.
- While inhaling, pull upward with arms until arms are right under chin.
- While exhaling, lower arms to starting position.
- Remember to keep back straight.

REPS: 10-20

SETS: 1-3

DEVELOPS: Trapezius and deltoid muscles, forearms and biceps.



11. Exercise: Wide rowing

Position of Machine: Vertical

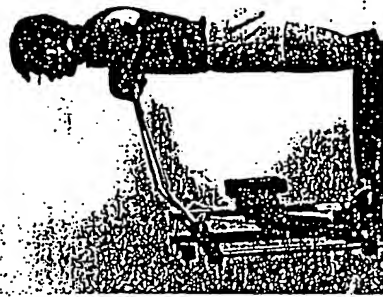
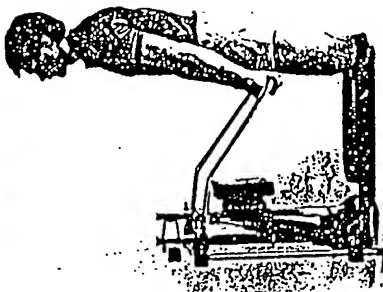
Steps:

- While facing the machine, kneel on the end of the backboard.
- With the rowing arms apart, grasp the rowing arms with an overgrip.
- While inhaling, and arms shoulder width apart pull upward as far as you can.
- While exhaling, lower arms to starting position.
- Remember to keep back straight.

REPS: 10-20

SETS: 1-3

DEVELOPS: Trapezius and deltoid muscles, forearms and biceps.



12. Exercise: Side laterals

Position of Machine: Vertical

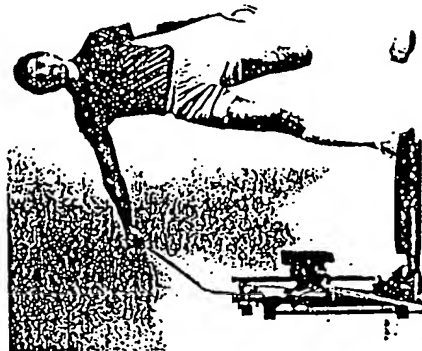
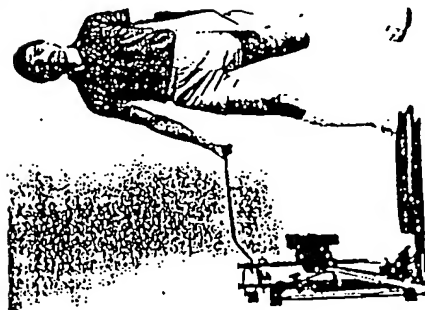
Steps:

- Stand perpendicular to the machine so that either your right or left arm faces the machine.
- Grasp one rowing arm in an overgrip.
- Place one foot on backboard.
- While inhaling, raise upward until arm is shoulder height.
- While exhaling, lower arm to starting position.
- Remember to keep your arm and back straight.
- Remember to exercise both arms.

REPS: 5-10

SETS: 1-3

13 DEVELOPS: Deltoids and trapezius muscles.



Exercise: Front raises
Position of Machine: Vertical

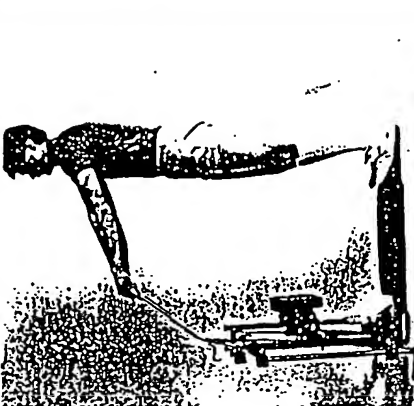
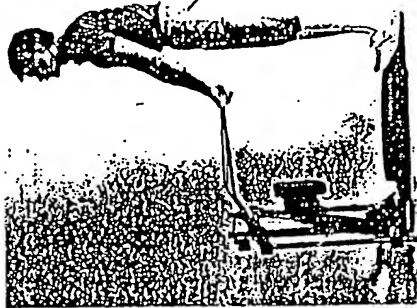
Steps:

- Stand erect with feet on end of backboard.
- Grasp rowing arms with an overgrip.
- While inhaling, raise rowing arms upward until they are at shoulder height.
- Remember to keep arms and back straight.

REPS: 5-10

SETS: 1-3

DEVELOPS: Front of deltoids.



14. Exercise: Bent laterals

Position of Machine: Vertical

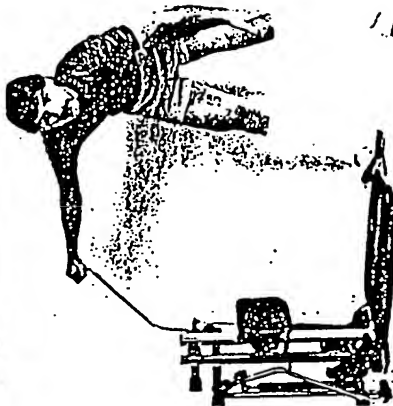
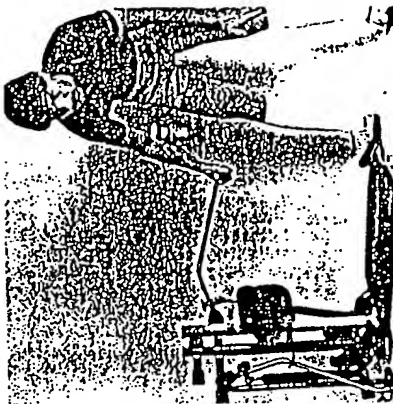
Steps:

- Stand perpendicular to the machine so that either your right or left shoulder faces the machine.
- Bending at the waist, grasp one rowing arm with an overgrip.
- Place one foot on end of backboard.
- While inhaling, raise upward until arm is shoulder height.
- While exhaling, lower arm to starting position.

REPS: 5-10

SETS: 1-3

DEVELOPS: Upper back muscles, deltoids.



15. Exercise: Reverse curls

Position of Machine: Vertical

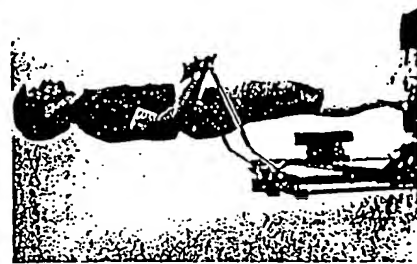
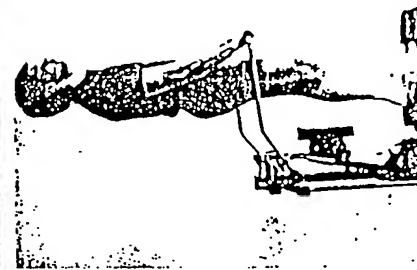
Steps:

- Stand inside of rowing arms, facing away from the machine with both feet on backboard.
- Grasp the rowing arms with an overgrip.
- While inhaling, pull rowing arms upward towards chest.
- While exhaling, lower arms to starting position.
- Remember to keep back and knees straight.

REPS: 10-20

SETS: 1-3

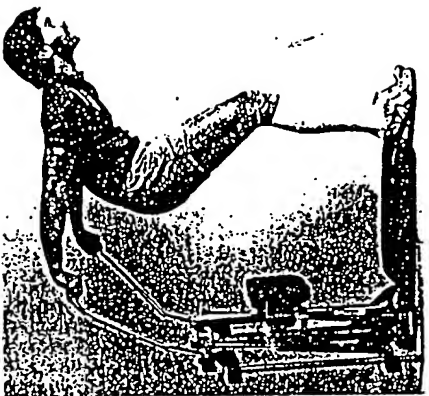
DEVELOPS: Biceps, forearm



Exercise: Tricep rear raises
Position of Machine: Vertical

- Steps:
- Stand facing away from the machine with heels on end of backboard.
 - With rowing arms behind you, reach back and grasp rowing arms with an overgrip.
 - While inhaling, raise rowing arms upward as high as possible.
 - While exhaling, lower arms to starting position.
 - Remember to push with only arms.

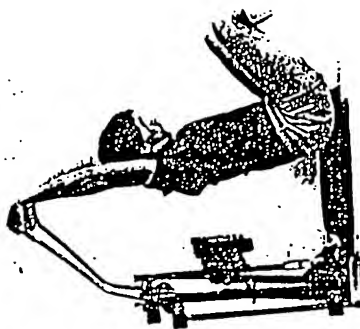
REPS: 5-10
SETS: 1-3
DEVELOPS: Triceps.



17. Exercise: Tricep extension
Position of Machine: Vertical

- Steps:
- Facing away from the machine, sit on end of backboard.
 - With rowing arms behind your head, grasp rowing arms with an undergrip.
 - While inhaling, push upward behind your head.
 - While exhaling, lower arms to starting position.
 - Remember to keep your back straight.

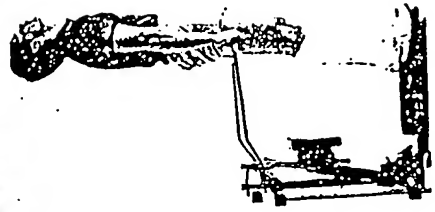
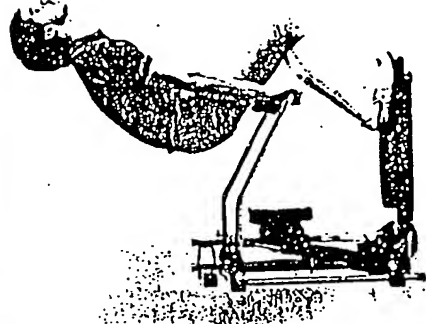
REPS: 5-10
SETS: 1-3
DEVELOPS: Triceps.



18. Exercise: Hack Raises
Position of Machine: Vertical

- Steps:
- Stand erect on backboard facing away from the machine.
 - With the rowing arms behind your back, grasp them with an overgrip.
 - While exhaling, bend down to starting position.
 - While inhaling, push upward with your legs until legs are completely straight.
 - While exhaling, return to starting position.
 - Remember to keep back straight.

REPS: 10-20
SETS: 1-3
DEVELOPS: Front thigh muscles.



19. Exercise: Spread eagle

Position of Machine: Vertical

- Steps:
- Facing away from the machine, sit on the backboard with your back up against the seat.
 - With the rowing arms spread apart, grasp the arms with an overgrip.
 - While inhaling, pull upward with your arms until arms are at shoulder height.
 - While exhaling, return arms to starting position.
 - Remember to pull with tricep muscles and not to push the rowing arms up.

REPS: 5-10

SETS: 1-3

DEVELOPS: Triceps; deltoids



20. Exercise: Toe raises

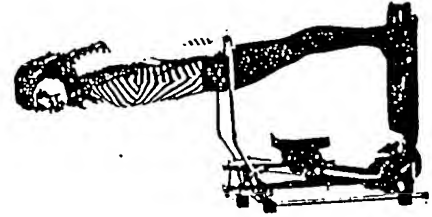
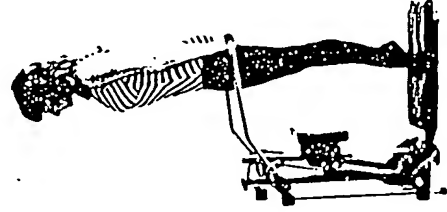
Position of Machine: Vertical

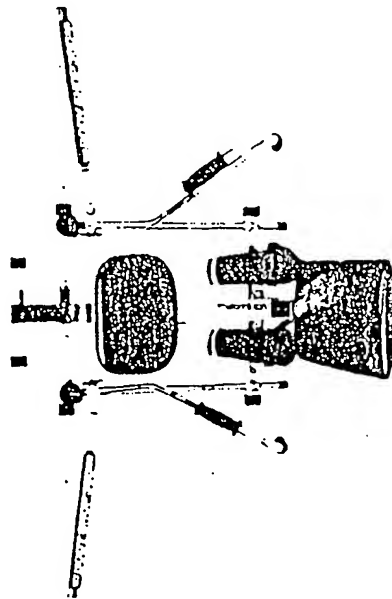
- Steps:
- Facing the machine, stand on backboard inbetween rowing arms.
 - With rowing arms extending slightly behind you, grasp the arms with an overgrip.
 - While inhaling, push the rowing arms upward by raising up on your toes.
 - While exhaling, return to starting position.
 - Remember to push upward with your calves, not to pull with your arms.

REPS: 10-20

SETS: 1-3

DEVELOPS: Calf muscles.





**BODY SHOP 360 with
Butterfly Extension Arm**

INTRODUCTION:

The Body Shop 360 Butterfly Extension Arm addition will provide a whole new dimension in the number of exercises you can perform on your Body Shop. All of these extra exercises can be performed with relatively no further set-up time or difficulty in converting your Body Shop to the Butterfly Arm mode.

SETTING UP:

As you can see from the picture on the right, once you have bolted your extension arms in place and attached the oar return handles on the rowing arms, transition to the Butterfly mode of exercise is simple. Simply by pulling the quick release pins located at the base of the shock, the whole shock will pivot until it is almost parallel with the floor. At this point, replace the quick release pin through the U-clamp on the extension arm and the hole on the base of the shock. You can now begin to perform all the additional exercises outlined in this booklet.

Exercise: Butterfly
Position of Machine: Vertical

Steps:

- A. Sit on padded bench face away from machine.
- B. Place arms behind rowing arms and grasp L-shaped oar return foam handle.
- C. With rowing arms in extended position exhale while pulling arms together. Use forearms as much as possible.
- D. While inhaling, grasp handles and return rowing arms back to extended position.
- E. For best results, use forearms not hands to pull rower arms together.

REPS: 10-20

SETS: 3

DEVELOPS: Shoulder and chest

2. Exercise: Extended Butterfly
Position of Machine: Vertical

Steps:

- A. Sit on padded bench facing away from machine.
- B. Grasp rowing arm handles.
- C. While exhaling pull arms together simultaneously.
- D. While inhaling, return arms back to spread position.

REPS: 10-20

SETS: 3

DEVELOPS: Triceps, shoulder, trapezius

3. Exercise: Reverse Butterfly
Position of Machine: Vertical

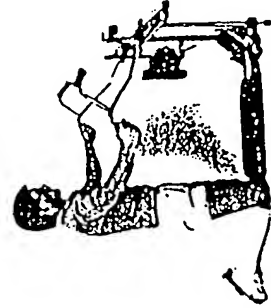
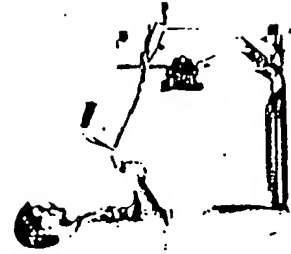
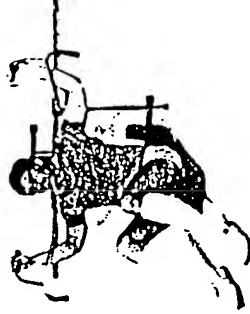
Steps:

- A. Kneel in front of padded bench facing machine.
- B. Grasp foam handles of rowing arms.
- C. While exhaling draw rowing arms together as you perform the exercise.
- D. Inhale while pulling arms apart to begin another repetition.

REPS: 10-20

SETS: 3

DEVELOPS: Shoulders and arms



Exercise: Standing Reverse Butterfly
Position of Machine: Vertical

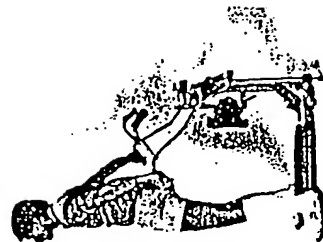
Steps:

- Straddle padded bench while standing facing away from machine.
- Reach behind you and grasp each foam handle of the rowing arms.
- While exhaling, draw both hands together behind you.
- While inhaling return both rowing arms to extended position.
- Remember to keep your back straight

REPS: 10-20

SETS: 3

DEVELOPS: Forearm and chest



5. Exercise: Leg Butterfly
Position of Machine: Horizontal

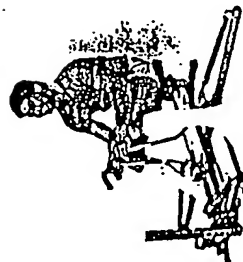
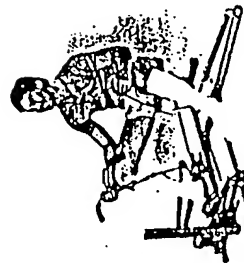
Steps:

- Sit on rowing seat with legs straddling the body shop and feet in front of extension arms.
- Grasp rower arm at joint where oar return handle joins rower arm.
- While exhaling move legs inward until handles touch together. This effort should all be with legs not arms.
- Using your hands return rower arms back to extended position.

REPS: 10-20

SETS: 3

DEVELOPS: Inner thighs



6. Exercise: Sitting Reverse Butterfly
Position of Machine: Horizontal

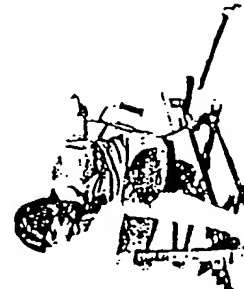
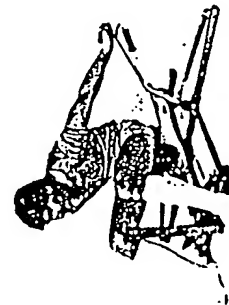
Steps:

- Sit on rowing seat positioned all the way forward. Have legs straddling body shop and feet totally in front of the machine.
- Reach behind you and grasp foam handles on rower arms and extend fully in outward direction.
- While exhaling pull rowing arms together behind you as close as you can.
- While inhaling, grasp handles and return rowing arms back to extended position.

REPS: 10-20

SETS: 3

DEVELOPS: Shoulders and upper back



Exercise: Horizontal Butterfly
Position of Machine: Horizontal

Steps:

- Move rowing seat as far forward as possible. Slip back bench over chrome rowing bar for back support.
- Lay with head supported by rowing seat and back supported by padded bench.
- Grasp foam handles of rowing arms, with arms in a fully extended position.
- While exhaling, pull rowing arms together in front of you.
- While inhaling, return arms back to fully extended position.

REPS: 10-20

SETS: 3

DEVELOPS: Back of shoulders and upper arms



8. Exercise: Leg Curl

Position of Machine: Horizontal

Steps:

- With machine rowing arms all the way forward, stand on foot pedals while facing opposite direction of machine, bend over and tie your ankles to the rowing arms with the two straps provided.
- Kneel down with your knees placed directly on the rowing seat and your body extended over the bench. Supporting yourself by your elbows on the floor.
- Draw legs bending at the knee to full upward position while exhaling.
- While inhaling, straighten leg back to prone position to begin next exercise.



REPS: 10-20

SETS: 3

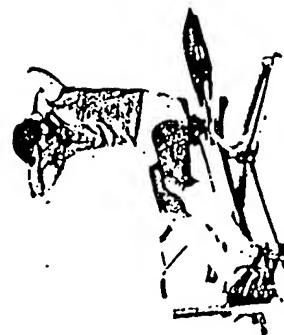
DEVELOPS: Calf, upper thigh and buttocks

9. Exercise: Silt Up

Position of Machine: Horizontal

Steps:

- Sit on rowing seat of machine with foot straps secured firmly. Extend rowing seat back until legs are straight.
- Lay body back into prone position with hands interlocked behind your head.
- Move body back into upright position relying on strength of stomach muscles to accomplish movement.



REPS: 10-20

SETS: 3

DEVELOPS: Stomach and abdominal muscles

10. Exercise: Bent Over Opposite Directional Butterfly
Position of Machine: Horizontal

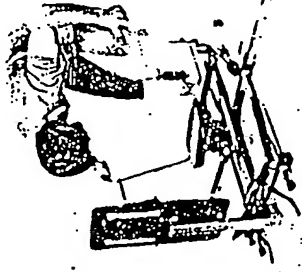
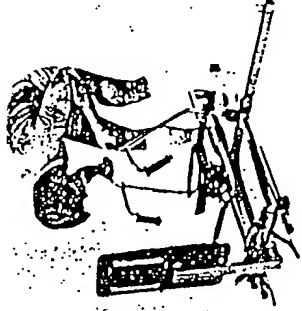
Steps:

- Remove the U-clamp of one of the hydraulic shocks by removing the nut and bolt with the wrench provided. Attach this U-clamp to the open end of the opposite shock, connect this end to the free rowing arm at your desired resistance level.
- You should now have the two rowing arms connected together with a single hydraulic shock.
- Grasp the foam grips of the rowing arms and extend outward as far as possible while exhaling.
- While inhaling, return rowing arms back together to begin another repetition.

REPS: 10-20

SETS: 3

DEVELOPS: Forearms and chest



11. Exercise: Opposite Directional Butterfly
Position of Machine: Vertical

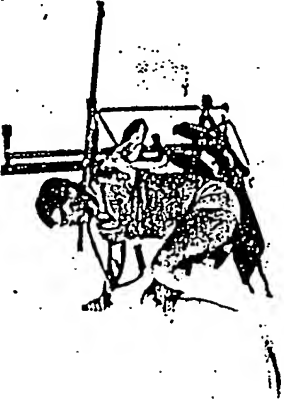
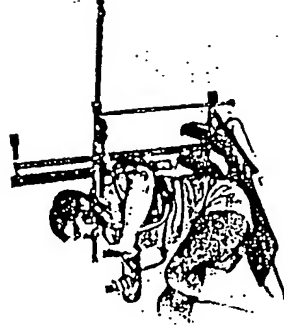
Steps:

- Remove the U-clamp from one of the hydraulic shocks by removing the nut and bolt with the wrench provided. Attach this U-clamp to the open end of the opposite shock. Connect this end to the free rowing arm at the desired resistance level.
- You should now have the two rowing arms connected together with a single hydraulic shock.
- Placing your arms perpendicular to your body with your elbows outward grasp the foam handles tightly.
- While exhaling pull rowing arms in an outward position as far as possible.
- While inhaling return rowing arms back together to begin another repetition.

REPS: 10-20

SETS: 3

DEVELOPS: Chest and pectorals



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